

Bavarian News

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Grafenwoehr, Hohenfels and Vilseck

March 7, 2007

QUALITY OF LIFE

Civilians offered time off for fitness

by KATIE COWART

Assistant Editor

U.S. Army Garrison Grafenwoehr civilians and local nationals can take advantage of up to three hours of paid time off per week for exercise as part of a Department of the Army authorized program.

The Civilian Fitness Program kicks off with health assessments at Grafenwoehr March 28 from 9-11 a.m. at the post gym and at Vilseck's Rose Barracks Fitness Center March 29 from 9-11 a.m.

Hohenfels assessments will take place at the post gym March 27 from 9-11 a.m.

"The government wants to promote a lifestyle change," said Tracy Svalina, the garrison health promotion coordinator. "In giving employees time, the Army hopes to have an increase in that kind of lifestyle overall."

"(Ultimately, the Army is) getting money out of it at the end with decreased insurance and health care bills," explained Svalina.

She explained that participants must have their supervisor's approval before beginning the program and that the program is only available to employees who have not participated in a Civ-Fit program at another location.

"You can't re-enroll with each

move," said Svalina. "Sure, some people slip through the cracks, but the goal is to get everyone through the program to make a lifestyle change."

The local Health Promotion program will provide a pre-and post-fitness assessment in which to compare your fitness levels as well as weekly newsletters focusing on goal setting, fitness, nutrition, and stress.

The Civilian Fitness Program is a part of the Army Health Promotion Regulation, 600-63. It approves up to three hours of excused absence per week for up to six months for civilian employees to exercise, with their supervisor's approval.

"This shows how important it is for everyone, not just Soldiers, to be fit. Everyone needs to be ready at a moment's notice," Svalina said.

"Hopefully, (supervisors) will look more into the program and see that they are getting a more productive employee who has a good outlet for their stress," she added.

Svalina said Grafenwoehr's state-of-the-art fitness facilities are incentive enough to participate.

"Imagine paying in the States for something like this that's provided free here," she said.

Studies show that people who are healthy:

- Manage stress better, have better coping skills
- Have more stamina
- Are more productive at work
- Have better rates on their insurance premiums
- Take less sick leave
- Are more enthusiastic and have a positive outlook on life

To participate in the program, logon to www.grafenwoehr.army.mil, select Health Promotion link under Community Services, and download the enrollment packet.

All information should be completed, including the supervisor approval, before attending the fitness assessment.

SAVING LIVES

Drivers course mandatory for troops age 26 and under

Staff report

Starting this month, Soldiers age 26 and younger and who live in Europe will be required to take intermediate driver's training.

The two-and-a-half hour course is part of a six-part Army Traffic Safety Training Program that expects to reduce the number of Soldier deaths in motor vehicle accidents.

Of accidental deaths, Army and privately-owned vehicle fatalities remain the number one killer of U.S. Soldiers.

Garrison Grafenwoehr Safety Officer Mike Schwarz said there is nothing new about that statistic, but the training is newly standardized Army-wide.

Schwarz said the program can help improve the deadly statistic, but more than anything he said "it's going to take supervisors enforcing the course that will make the real difference."

The course will be presented in video presentation and discussion format and will identify local driving hazards specific to each garrison area, along with other safe-driving rules.

For a list of the course schedules at your garrison, visit http://www.ima-e.army.mil/sites/management_so_atstp.asp and click on your garrison name.

The newly standardized intermediate course is part of the Army Traffic Safety Training Program, which consists of six different courses.



A feathery friendship

The AFN Bavaria Eagle surprised German and American third grade students at Vilseck Elementary School last week. The Vilseck Volksschule and VES are practicing a partnership exchange program to give students from both nations opportunities to experience each other's language and culture.

Photo by Franz Zeilmann

More survey responses needed by March 15

Special to the Bavarian News

The Overseas Housing Allowance Utility and Move-In Housing Allowance survey results across Germany, Belgium, the Netherlands, and Italy are below the 50-70 percent targeted response rates.

Without a larger survey response, the Department of Defense will be unable to adjust the monthly utility

and recurring maintenance allowance rate and the one-time MIHA rate for these countries.

To allow more time for service members to take advantage of this important opportunity to impact their paychecks, the survey completion date for these countries has been extended through March 16.

This survey pertains to all uniformed service members residing in

privately leased economy quarters and receiving OHA.

These service members are encouraged to complete the online survey at the following link: <https://www.perdiem.osd.mil/oha/survey/feboha.html>.

If you are a service member residing on the economy and receiving OHA, complete the survey.

AROUND THE FORCE

Secretary of Army resigns after news of squalid conditions at Walter Reed hospital

by KATHLEEN RHEM
American Forces Press Service

Defense Secretary Robert M. Gates announced March 2 that he has accepted the resignation of Army Secretary Francis J. Harvey in light of allegations of shortfalls in care of outpatients at Walter Reed Army Medical Center.

Published reports in February shed light on shortcomings in outpatient care for troops wounded in Iraq and Afghanistan. Army officials announced March 1 that the hospital commander, Maj. Gen. George W. Weightman, had been relieved of duty.

In announcing that Harvey had resigned, Gates expressed disappointment that Army leaders were not taking the situation seriously enough.

"I am disappointed that some in the Army have not adequately appreciated the seriousness of the situation pertaining to outpatient care at Walter Reed," he said in a brief statement at the Pentagon. "Some have shown too much defensiveness and have not shown enough focus on digging into and addressing the problems."

He also said he is concerned that some Army leaders hadn't

See SCHOOMAKER Page 17

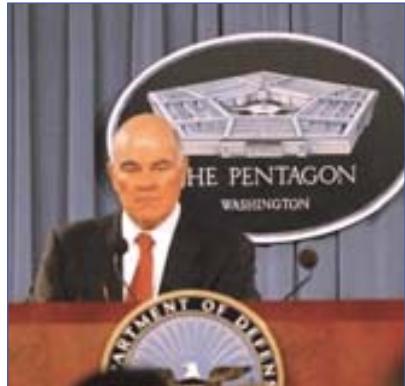


Photo by Staff Sgt. Carmen Burgess
Army Secretary Francis J. Harvey

A Mardi Gras moment



(From left) J'naya Walker, Tasmin Holliman, and Vanessa Hamilton marched in the Grafenwoehr Elementary School Mardi Gras parade Feb. 20. GES teacher David Simm, assisted by host nation teacher Elfriede Kean, planned the parade. Courtesy photo

Opinion & Editorial**Command Message**

Fill out survey by March 15 to reap the financial benefits

As I type this column, heavy rain is falling down. I think most people would agree that this is the craziest winter our communities have had in quite some time.

In fact, we had Cub Scout Alaska Days recently, and we pushed the sleds through grass instead of snow (congrats to Vilseck for winning the races).

I guess we are lucky we aren't in Upstate New York with over 100 inches of snow.

Off to the column... **Soldiers out by themselves**

Many of you have probably seen the commercial on AFN by the USAREUR Soldier of the Year telling Soldiers not to travel by themselves.

It is both a force protection issue and one of personal safety:

Force protection: Many have read about an extremist organization's intent to capture a British Muslim soldier and execute him. While we have not had that kind of threat directed against our Soldiers/families locally, we do need to be smart when we explore Europe.

I don't want to be an alarmist, but you must be aware of local conditions and personnel around you. When you travel, check with your intelligence section to get the latest State Department guidance on travel. And most importantly, blend in.

Loud USA T-shirts, cowboy hats, and other distinctive clothing clearly mark you as an American and may make you more susceptible to criminal/terrorist cells.

Personal Safety: An additional component of the AFN commercial listed above is Soldiers "clubbing" alone and making themselves susceptible to criminals.

Unfortunately we have had several incidents in which Soldiers who were alone have been assaulted and either beaten up or robbed. *And it has also happened on post!*

So take your buddy with you. Ensure at

"Take your buddy with you. Ensure at least one person is sober, and walk away from incidents that could ultimately cause you harm."

All Department of the Army Civilians, military and their dependents, aged 14 and above, must take this training. Dependents must only take the training the first year they are eligible.

The suspense is March, and the training takes approximately an hour to complete.

The training is a bit sensational, focusing on living in the Middle East and provides guidance on airport seats, hotels, Improvised Explosive Devices (IEDs), and other threats to personal safety.

I certainly don't believe these kind of threats exist in our area, but the training is valuable and everyone listed above is required to take the training annually.

Annual OHA Utilities Survey

Finance is conducting the annual Overseas Housing Allowance utilities survey from now until March 15.

The survey is a critical tool the Army uses

to determine the utility allowance as part of the overall OHA amount.

Based on fluctuating fuel prices, it makes sense for our eligible personnel to complete the survey but to date we have done a poor job with only 6 percent completing the survey.

All Soldiers who live on the local economy and receive OHA are eligible to complete the survey, and it only takes 10 minutes to complete. Visit [https://www.perdiem.osd.mil/oha/survey/feboha.html](http://www.perdiem.osd.mil/oha/survey/feboha.html) to take the survey.

The 266th FINCOM Web page at <http://266fincom1.hqsareur.army.mil/> has detailed information, including

the USAREUR PAO press release information concerning this year's survey.

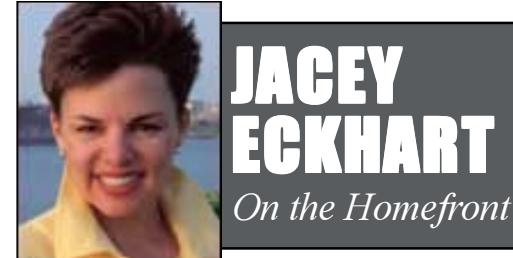
First sergeants and commanders: the unit commander's finance report will tell you who is eligible in your unit for this survey.

Recently USAG Grafenwoehr was honored by Secretary Keith Eastin, the assistant secretary of the Army for Installations and Environment for winning the Overseas Installation Environmental Award.

Thanks to the entire environmental component of DPW and you for helping us win this award and helping us make this area the best place to live and work in Germany.

**Col. Brian T. Boyle
Commander, U.S. Army
Garrison Grafenwoehr**

They say that breaking up is hard to do



JACEY ECKHART
On the Homefront

Kleenex has a new commercial that makes me squirm. They set up a royal blue couch on the streets of New Orleans and invited folks to take up a Kleenex and "Let It Out."

It's a pretty good commercial, but I keep expecting a certain redhead to pop up on that couch.

I dread the moment she talks about this girlfriend she had before the hurricane. She'd talk about how they used to walk along the river every day with their toddlers in strollers. She'd say how one day the friend stopped talking to her, stopped taking her calls, and avoided her on the street.

"I don't know what happened," the redhead would say, reaching for the Kleenex. "I didn't do anything. And when I asked her what was wrong she wouldn't say."

The interviewer would pat the redhead with true sympathy, then plop his blue couch on my lawn until I was ready to talk about it.

He might be out there a long time. It's been more than a year since we were stationed in New Orleans and I still don't know what to say about the whole breakup.

I behaved badly. Had Renee been a guy I was dating, I might have done better. I would have seen that it wasn't working out and made a clean break. I would have said things like, "It's not you, it's me." Or "I need to work on

"Many times after we've gotten to know someone quite well, we find we want different things from the relationship. Not every friendship is meant to last forever."

my career right now." Or even, "I think we should be just friends." Or acquaintances. Or whatever it is that you are when you aren't close friends any more. Why are there conventions for breaking up romantic relationships, but not for breaking up friendships?

In military life, I usually don't have to break up with friends. We just move a thousand miles away and that's the end of that.

Sometimes I have found myself with the wrong girlfriend. I leave her house one day and suddenly notice that I am exhausted and depressed by her. Or I get tired of her harping on my kids. Or, as in the case with the redhead, I find that she is sick of my pitching and moaning and just wants someone to party with when I have no party left in me.

Wanting to break up with these girlfriends makes me feel like I'm swimming through a bathtub full of guilt.

But the breakup is still necessary. Sally Horchow, author of "The Art of Friendship: 70 Simple Rules for Making Meaningful Connections," says that occasionally we really do need to spring clean our friendships.

"Friendships ebb and flow," said Horchow in a recent interview. "Many times after we've gotten to know someone quite well we find we want different things from the relationship. Not every friendship is meant to last forever."

But what do you do when you realize that and your friend does not? While Horchow

thinks that a confrontation is only necessary if you plan to save the friendship, others disagree. I have often read that you owe it to your friend to have a calm, warm, understanding conversation about why you are choosing to downgrade or end the friendship. The confrontation is necessary. Let it out.

I want to believe that. But by the time the breakup starts, are you really having a lot of calm, warm, understanding conversations? I'm not. I'm having a lot of clipped and pointed remarks. Even if the Kleenex guys do drop that blue couch in my front yard with the redhead on it and cameras rolling and America demanding an explanation, I could come up with something to say.

But I'm not kidding myself. There would be no understanding. There would be no hugs. The Kleenex would be used only for staunching the blood.

"Letting it out" doesn't always fix what is wrong in adult relationships. Dropping a friend without an explanation never does. If I had to do it again, I would have slowly been less available to the redhead. And when she demanded an explanation, I would have taken a deep breath and said, "It's not you. It's me." Or, "I like you, but not enough." Or, "Let's be just, I don't know, just friends."

A 19-year military spouse, Jacey Eckhart is a nationally syndicated columnist with CinCHouse.com.



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Meet the staff

Bavarian News welcomes assistant editor, new reporters to community

Staff report

The Bavarian News recently hired an assistant editor and three part-time contract journalists to cover the Grafenwoehr, Vilseck, and Hohenfels areas. The journalists will cover news, features, and sports in their respective communities.

If you have a story idea or suggestion, you can call them directly at DSN 475-7113 or e-mail usaggnews@eur.army.mil.

Here they are:

Jodi Ward, a native of Marshfield, Mass., joined the Bavarian News team in July of 2006, after moving to the area as part of the 2d Stryker Calvary Regiment's re-stationing from Fort Lewis, Wash.

Ward, who studied English at the University of Massachusetts, Boston campus, is the Vilseck correspondent for the Bavarian News.

Prior to becoming a reporter, she worked in catering at an award-winning establishment on Boston's South Shore.

Ward

This self-proclaimed "foodie" is passionate about cooking, loves to read, travel, and cheer on her hometown teams, the Pats and Red Sox.

Ward lives with her husband, Chris and dog, Frank Sinatra in Auerbach.

Bilyana Atova, originally from Sofia, Bulgaria, moved to Germany two years ago. Adventurous enough to pursue two degrees—child psychology and international relations—she is taking on a new challenge, writing. Atova is the Grafenwoehr correspondent for the Bavarian News.

She has had articles published in a popular psychology magazine. She is interested in topics relating to women and children rights, politics, social and organizational psychology, and photography.

Atova enjoys traveling and finds it exciting to observe and learn more about the different cultures.

She lives in Eschenbach with her husband David Reece and her cat Stany.



Atova

Garry Barrows, a native of Detroit, Mich., has resided in Hohenfels for more than two years with his wife, Deborah, an elementary school music teacher.

He has worked as a volunteer, ACS marketing specialist, and commissary employee at Hohenfels.

Before Barrows coming to Hohenfels, Barrows worked in sales and marketing in Clinton Township, Mich., for 10 years.

He also worked for Detroit's WJBK-TV in television news; for the General Motor Photographic Division in media production, as the editor of a direct mail advertising publication, and he spent nearly three years as a missionary for Wycliffe Bible Translators in Colombia, South America.

He is a sports fan, likes to read, and has been collecting Coca-Cola antiques and memorabilia for more than 30 years.

He and his wife have two grown sons, Joel, who lives in Charlotte, N.C.



and Aaron, who spent six years in the Army and now works for American Forces Network in Vicenza where he lives with his wife and DoDDS teacher Linda.

Katie Cowart, of Charleston, S.C., moved to the Grafenwoehr area in August 2006 after graduating from Texas A&M University with a bachelors of science in biomedical science.

While in college, Cowart wrote for the Aggieland Yearbook and excelled in scientific and technical writing courses. Her love of the written language has caused her to be known as a "grammar Nazi" by friends.

Having grown up in an Army family, Cowart is no stranger to the military lifestyle. She lived near Hanau with her family on her first trip to Germany in 1991.

Cowart loves both science and writing. She has aspirations of completing a master's degree in science and technology journalism once she returns to the United States.



Cowart

Spotlight on Education



Name: Brandy Kenny

What grade/subject do you teach? 6th and 8th grade Language Arts

Hometown: Dublin, Virginia

What do you like best about teaching? The students!!! Teaching offers a new adventure every day. Watching students grasp a new concept is the most wonderful feeling. Knowing that I have helped a child grow academically and watching them believe in themselves only confirms why I became a teacher.

What advice can you give students to help them succeed in school? Take risks and don't be afraid to ask questions. Believe in yourself and know that you can learn and will only be as good as you allow yourself to be.

Property Book Unit Supply Enhanced site visit set at Grafenwoehr

IMCOM-E press release

Supply sergeants, property book officers, property book technicians and supporting combat service support automation management office personnel are encouraged to attend a U.S. Army Property Book Unit Supply Enhanced System site survey scheduled to take place at Army garrisons throughout Europe.

Hosted by IMCOM-Europe's and HQ USAREUR's logistics divisions, representatives from the Department of the Army Program Manager, Logistics Information Systems, Fort Lee, Va., and the U.S. Army Program Executive Office, Enterprise Information Systems, Fort Belvoir, Va., will lead the briefings.

They will present an overview of the PBUSE and assist garrison/unit

Property Book representatives in preparing for conversion requirements from the current Defense Property Accounting System and Unit Level Logistics System to PBUSE.

The USAG Grafenwoehr briefing will take place March 20-23 at the Tower Theater, from 9 a.m.-4:30 p.m.

PBUSE is an automated logistics and integrated system; it is the first U.S. Army, Web based-enabled

logistics system. This system will replace the Defense Property Accounting System, Standard Property Book System-Redesign and the Unit Level Logistics System.

The Army is fielding the system to reduce redundant property accountability systems and improve visibility and accountability for Army assets. Contact your DOL for information.

Healthy Empowerment

Dear Demetrius,
Over the years I have changed my 6 pack abs into a small keg. I've been working my abs a few times a week trying to get it back but I'm not getting the results I would like. What do you suggest?

Striving for "The Pack"
Johnnathan

.....
Dear Johnnathan,
The "toned/flat" abs are a common goal for most of my clients. The key is the combination of aerobic activity (cardio/fat burning) and abdominal exercises.

Once you have worked out your other muscle groups, end your workout with the abs. We work them last because your abs are stabilizers for most other exercises.

Choose two to three abdominal exercises that target different parts of your abs. Do at least two to three sets of each exercise and the reps should be just short of failure.

Work abs every other day and the "other" days increase your aerobic intensity and duration...AND don't forget that a lean diet will fuel a lean body.

Send your nutrition and fitness questions to usaggnews@EUR.army.mil.

Demetrius Willis is a registered dietitian and a certified personal trainer.

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✉ They'll be entertainment, fun, and of course the famous "fluff" classes everyone loves!
✉ "Never a Dull Moment" (NADM), will go into print next year. For those of you not familiar with NADM, it is a book created by AWAG with contributions from spouses all over Europe giving you exciting places to explore, eat and shop during your time in Europe. It is full of great ideas that are tried and tested by folks like you, so they are sure bets!
✉ Cost is \$525 per person based on double occupancy and includes room, 3 meals/day, and seminars. Travel is not included. Feel free to join us at your own expense, or you may contact your local spouses club, FRG, or organization to see if you qualify for sponsorship to attend the conference. We will meet with all Oberpfalz delegates and speakers in April before you attend the conference.

COME JOIN US IN GARMISCH FOR THE FUN AND SEE FOR YOURSELF WHAT AWAG CAN DO FOR YOU!!!!

Grafenwoehr Clinic offering HPV immunization, a life-saving vaccine

by DANIELLE GARRETT

Grafenwoehr Health Clinic

The latest and most exciting news in women's health is the recently available Human Papilloma Virus vaccine.

The HPV vaccine helps prevent against the types of HPV which cause 70 percent of cervical cancers and genital warts.

The vaccine works best when given before contact with HPV types 6, 11, 16, and 18, which account for the majority of HPV-related clinical diseases.

This means it is important to get vaccinated now, not later.

"The new HPV vaccine is likely to be an important factor in continuing to reduce the rate of cervical cancer in women," said Maj. Timothy Caffrey, the Grafenwoehr Health Clinic Commander.

The vaccine is recommended for all previously unvaccinated females between the ages of 9 and 26 years old. It is still

recommended for those with a previous history of HPV infection.

According to the Centers for Disease Control and Prevention, HPV is a common virus with more than 100 different strains. Some cause no harm. Others, however, can cause diseases of the genital area.

More than 30 strains are transmitted sexually. For most people, the virus goes away on its own. When the virus does not go away, it can develop into cervical cancer, precancerous lesions, or genital warts, depending on the HPV type.

HPV affects both men and women and nearly three out of four Americans contract some type of HPV in their lifetime. Anyone who has any kind of sexual contact with another person infected with HPV can become infected.

Actual intercourse isn't necessary. Many people with HPV do not show any signs or symptoms, and they can pass it on to others without even knowing it.

Parents with daughters in the recommended age range should make sure to get their child vaccinated. To receive the vaccine's full benefit, females should be vaccinated before they ever think about becoming sexually active.

The vaccine is given in three doses. The second dose is given two months after the first dose, and the third dose is given fourth months after the second dose.

While being vaccinated helps prevent against genital warts and cervical cancer, it is not intended to take the place of regular cervical cancer screenings. Getting a regular Pap test from your health care provider is a crucial part of staying healthy as a woman.

Pap tests look for abnormal cells in the lining of the cervix before they have a chance to become precancerous or cervical cancer.

Because most women are diagnosed with HPV through Pap tests, an abnormal Pap result could be due to HPV infection.

A specific test is available for women to

detect the presence of HPV but there are currently no tests to detect its presence in men.

Regular Pap testing and careful medical follow-up can help ensure that precancerous changes caused by HPV infection do not develop into cervical cancer.

Pap tests are recommended for women 21 years of age or women who are sexually active and have been proven to save lives and are an important part of taking control of your health.

Community members should inquire about the HPV vaccine with your health care provider at your next Well Woman exam.

To make an appointment today, call:

■ The Grafenwoehr Health Clinic Appointment Line at DSN 475-7152 or CIV 09641-83-7152.

■ The Vilseck Health Clinic appointment line at DSN 476-2882 or CIV 09662-83-2882.

Sources: www.cdc.gov, www.gardasil.com, www.ashastd.org and www.womenshealth.gov.

Community experiences Underground Railroad during library's Black History Month program

Story and photo by BILYANA ATOVA

Staff writer

You are a slave. Your body, your time, your very life belongs to a plantation owner in 1850s Maryland. Six long days a week you tend his fields and make him rich. You have never tasted freedom. You never expect to. And yet your soul lights up when you hear whispers of attempted escape.

Freedom is a difficult and dangerous trek. Do you try it?

These are the questions that are posed to visitors as they begin an interactive journey through the Underground Railroad, a Black History Month exhibit hosted by the U.S. Army Garrison Grafenwoehr Library Feb. 21.

The day-long event was planned and organized by Master Sgt. Verlene Dickson, who said it would not have been possible without the help of community volunteers, including Vilseck High School art students who drew the posters, a local farmer who donated the farm equipment, and the library staff.

Dickson said she wanted visitors to feel what it must have been like to travel the Underground Railroad, people to get a feeling they are going through the Underground Railroad, a secret system located throughout the Northern states that helped slaves escape from the South and reach safety in the North or Canada.

Dickson led visitors through the library aisles, decorated in period art, relating information about the people and places during this iconic period in U.S. history.

She talked about the system in which black and white people fought to free slaves and their beliefs in social reform.

Dickson said that celebrating Black History Month and being part of cultural awareness programs like the Underground Railroad is essential, especially in the military community.



A visitor at the Grafenwoehr Library views some of the Underground Railroad exhibit
Feb. 21.

"There are so many different backgrounds and cultures you have in the military" said Dickson "and to educate (them) is important because we will have a better foundation if we know our history."

Iconic figures such as Frederick Douglas, Captain Walker, Anthony Burns, Isaac Hopper, Mary Ellen Pleasant, and Harriet Tubman, all of who aided in the Underground Railroad, were discussed during the presentations.

"You have thousands more who probably will never be mentioned," said Dickson. "Some of the names you will never hear."

Visitors also viewed antique plows that slaves used to pull, a quilt similar to the ones used in the Underground system, and an African Kente cloth.

The day's event culminated with a concert by the Grafenwoehr Kontakt Choir Club, Encore, which performed gospel music.

Dental health staff make screenings, education fun at local schools

Story and photo by BILYANA ATOVA

Staff writer

As part of February's national Children's Dental Health Month, Maj. Brett Henson, a pediatric dentist from the Vilseck Regional Dental Command, and a team conducted

dental screenings and education for elementary students at the garrison schools.

The event, which focused on children ages 4-10, took place Feb. 14-15 at the Vilseck Elementary School, Feb. 21-22 at Grafenwoehr Elementary School, and Feb. 27-28 at the Hohenfels Elementary School.



Garrison dental staff conducted screenings and made learning fun last month at post elementary schools.

The emphasis of the program was to educate students while providing free dental screenings.

Henson noted that it is important not to mistake a screening for a regular checkup because there is a big difference between the two.

He said although your child has been screened, they should still visit the dentist for a complete examination.

"Twice a year (is the recommendation), but every child is different" said Henson. "Some have bigger risk for cavities."

Because about 50 percent of children ages 5-9 have at least one cavity, Henson said educating them at an early age is crucial.

"This is part of your (overall) health, your well-being," said Vanessa Argueta, Henson's assistant.

According to the Academy of General Dentistry, tooth decay remains one of the most common illnesses of childhood and is five times as common as asthma and seven times as common as hay fever.

Henson shared one of his experiences in which he had to put 18 caps on a 3-year-old child who had only grown in 20 teeth.

The dental staff tried to make last month's education program and screenings in the schools fun and informative, teaching students how to brush and floss, about nutrition and good snacks for the teeth.

The students watched movies, played games, and sang songs about cavity prevention.

Henson explained that something as seemingly harmless as a nightly cup of juice can cause unnecessary cavities. He said everything, including candies and juice, must be consumed in moderation.

"All teachers talk about (dental care)," said Grafenwoehr Elementary first grader teacher Peggy Perks during the event. "It is in our health book, and we do some fun activities in class."

As part of keeping a child's teeth healthy, the child should have fluoride for the permanent teeth developing

either from drinking water or by drops prescribed by a dentist.

Army Regulation 40-35 mandates that all areas on military posts have fluoridated drinking water, but the German community water is not fluoridated. Parents should not be overly concerned about their children living off post because Henson said many children are getting their fluoride from the water at school.

"Even in the U.S., not all states put fluoride in the water, so at some bases the military kids have better teeth," said Col. John Etzenbach, the Wuerzburg DENTAC commander.

Dental health is one ingredient to a child's overall health. Brushing teeth after meals, regular flossing and fluoride treatments, reducing between-meal snacks, and eating a well-balanced diet are the best ways to prevent tooth decay.

If you have concerns about your child's dental health or want more tips on how to prevent tooth decay, contact your local clinic today. Dental exams are offered by appointment only.

Outlets available to make your voice heard

Ever heard of the saying "be a part of the solution and not a part of the problem?" U.S. Army Garrison Hohenfels has put together an AAFES Council Working Group.

The purpose of this group is to provide feedback to the commander of Joint Multinational Training Command on what improvements the Hohenfels community would like to see in our local AAFES facilities.

The first meeting was held Feb. 15, and although the target audience was 10-12 members, five Soldiers, two Department of the Army civilians, and two family members were present.

I thought the first meeting went



well, as the group had plenty to talk about. The main topic of discussion was the lack of service AAFES provides to the Hohenfels community.

The AAFES manager stated on many occasions he was willing to solicit any good ideas that would help establish good customer satisfaction and increase the sales in our community.

When one looks at the negative ICE comments directed towards Hohenfels' AFFES facilities, there has to be a lot of great ideas out there. Now is the time to come forward and help make changes for our Soldiers, civilians, and family members.

I encourage you to take a few moments and talk to someone on the AAFES Council Working Group if you or someone you know has great ideas to share with the community.

Call PAIO at DSN 466-2400 or CIV 09472-83-2400 and someone will give you a name and number to

a council member.

You can also contact me personally at DSN 466-1520 or send me an e-mail message. I am on the globe at IMA-CSM-USAG Hohenfels or AKO [daniel.levon.battle@us.army.mil](mailto:donald.levon.battle@us.army.mil).

There are approximately three more meetings before the final-out brief to the garrison commander and the AAFES manager.

USAG Hohenfels is also gearing up for the Army Family Action Plan, or AFAP, Conference scheduled March 20-21. This conference not only affects the Hohenfels community, but good ideas could also improve the quality of life Army-wide for our Soldiers, retirees, DA civilians, and family members.

You have a chance to let the Army leadership know what you think is working and what you think could improve.

Our great Army is the only branch in the Department of

Defense that has such a program. Since the adoption of AFAP nearly 20 years ago, 97 changes have been made to legislation, 140 to policies or regulations, and 157 programs and services have been improved at the Department of the Army level.

The AFAP program is truly a powerful process and an effective mechanism for change. Boxes for submitting issues are located in the CAC, ACS, commissary, and PX.

The time period for soliciting issues has been extended until Tuesday. If anyone would like to participate or has any issues they would like addressed at the upcoming conference, don't be afraid to submit them. Your voice will be heard!

The final thing I would like to address is the community quarterly town halls meetings. The last town hall meeting was postponed a day due to bad weather.

I am hoping that was the reason for the small turnout. The garrison

commander changed the meeting from 9 a.m. to 5 p.m. in hope of better participation.

Now if you really want to know about upcoming programs and events, relocations, and other information regarding the community, attend a town hall meeting.

You will receive a wealth of information from all of the organizations on post and they are also prepared to answer any questions you may have.

All area coordinators are highly encouraged to attend. The next meeting is scheduled for May 16 in the CAC. Everyone in the community is invited.

Come out and let your voice be heard!

*CSM Don Battle
U.S. Army
Garrison Hohenfels*

Got an issue? Want results? Find out how to make a difference at AFAP conferences

by GARRY BARROWS

Staff writer

The Army Family Action Plan Conference is slated at Hohenfels March 20-21 and at Vilseck April 3-4.

So why is it important? Why should you pay attention to it?

The Army Family Action Plan, or AFAP, provides a way for Soldiers and family members to let the Army leadership know what works and what doesn't - and what they think will fix it.

Issues that are presented at the annual AFAP conference will be looked at by local leadership, then forwarded to the U.S. Army Europe or even Department of the Army, as necessary.

The goal is to find solution to help provide a better quality of life for U.S. Army personnel and families.

At the conference, there will be delegates, transcribers, recorders, facilitators, subject

matter experts, and observers to make sure your issue is read, analyzed, and acted upon.

Get involved! Do you have a concern, problem, or issue **and a solution** that you need and want to get in front of someone with authority? Make it known at your AFAP conference.

It is feasible that many people have community-level issues, like the limited number of exercise facilities on post or the commissary operating hours, or a USAREUR-level concern (re: the number of eating establishments available on post).

But when you PCS, it could be Army-wide concerns like TRICARE benefits or spouse education benefits that will be important. It really pays to think outside the box.

Does AFAP really work?

Yes! Here are some examples of programs, policies, and issues that came about as a result of an APAP conference:

- BOSS was created.
- Family Readiness Groups, or FRGs, were

created.

- Thrift Savings Plan
- Increased SGLI from \$50,000 up to \$400,000
- Tour Stabilization for families with seniors in high school
- Army Family Team Building, or AFTB, was created.

How about issues that have been solved more recently?

These are the top four issues submitted to the IMA-E U.S. Army Garrison Hohenfels/Graf/Vilseck AFAP Conference last year that are currently being worked at the Department of the Army level:

1. TRICARE Dental Program lifetime and annual maximum payments
2. Family Readiness Group current operating budget
3. College sports scholarships for student athletes outside the continental U.S.

4. Transportation for Child and Youth Services activities

Now is the time for you to present your grievances and solutions:

Okay, maybe I will. How?

There are red boxes in Hohenfels and yellow boxes at various locations in Vilseck and Grafenwoehr.

Fill out an issues sheet next to the box and drop it in the box. Take the time to fill out a form. If there is an issue that is bothering you, it is likely bothering other people also.

This conference gathers people who have the time and are mandated to do something about it.

Submit your issue sheets by March 13 in Hohenfels and March 15 in Vilseck.

E-mail precilla.tolbert@us.army.mil for more information at Hohenfels and kay.simpkins@us.army.mil or vicky.s.cunningham@us.army.mil for more information at Vilseck or Grafenwoehr.

Hohenfels awarded Special Merit for CFC efforts

IMCOM-E press release

In recognition of their dedication and commitment, military units and individuals from throughout Europe were among the recipients of 275 awards that were presented during a Combined Federal Campaign awards ceremony and luncheon in Heidelberg.

Together, USAREUR and IMCOM-EUROPE collected \$2.5 million for use by the charitable organizations that were represented in the 2006 CFC.

Today's ceremony honored many of the units and individuals responsible for that achievement.

The awards were accepted by garrison commanders, unit commanders, unit coordinators, and community/area project officers.

The U.S. Army Garrison Hohenfels and the 205th Military Intelligence Brigade each received the Special Merit Award.

That award is given to those who displayed remarkable generosity, exceptional participation and extraordinary volunteer spirit during the campaign.

"The difference between the 2006 campaign and the previous years is that the donors were closer to the people needing help. When we feel closer we give," said Renee Acosta, the CEO and president of Global Impact, the Department of Defense campaign manager for the Combined Federal Campaign overseas.

The 2006 CFC ceremony was held at the Village Pavilion, at Patrick Henry Village in Heidelberg.

It was hosted by Russell B. Hall, the Installation Management Command Europe region director, and Richard Beresford, the U.S. Army Europe deputy chief of staff for G-1.

The 2006 CFC awards list also included the following:

USAG Hohenfels

Blacksheep	Silver
HQ Operations Group	Silver
Hohenfels Elementary	Silver
Hohenfels Law Ctr.	Silver
A Co., 1/4 Inf.	Gold
D Co., 1/4 Inf.	Gold
HHC 1/4 Inf.	Gold
Falcons	Gold
Mustangs	Gold
Warhogs	Gold
Vampires	Gold
Timberwolves	Gold
TACSS	Platinum
Adlers	Platinum
A Co., 1st MI Bn.	Platinum

USAG Grafenwoehr

702nd EOD	Bronze
Garrison Staff	Bronze
69 Sig. Bn.	Bronze
2nd Bn., 405th AFSB	Bronze
615th MP Co.	Silver

71st Med. Detach.

AFN Bavaria	Silver
Garrison HQ Co.	Gold
JMTC Training Dir.	Gold
JMTC HQ	Gold
1-2 SQDN	Gold
2-2 SQDN	Gold
3-2 SQDN	Gold
FIRE SQDN	Gold
Detach. D, 38th PSB	Platinum
NCO Academy	Platinum
529th Ord. Co.	Platinum
MI Detach., Graf	Platinum
A Det, 39 Fin. Co.	Platinum
D / 3-58 Avn.	Platinum
Graf NAF Office	Platinum
HHT 2D Cav. Regt.	Platinum
4-2 SQDN	Platinum
RS SQDN	Platinum
B, 1-174th MP	Platinum
2 ASOS	Platinum



FOND FAREWELL: The quarterly retirement ceremony was held at Hohenfels Feb. 21 at the Main Post Gym, where a total of six military and one civilian were honored for their service.

Staff Sgt. David E. Hicks, Sgt. 1st Class Jamie A. Schull, Sgt. 1st Class Timothy E. Cassell, Sgt. 1st Class Fernando Mateo, Sgt. 1st Class Ricardo Lobo, Master Sgt. William B. Swanson, and the Hohenfels Public Affairs Officer Gerry M. Arbios (pictured with husband Robert) were honored.



Command Sgt. Maj. Jose Santos receives congratulations after assuming the responsibility as the command sergeant major of the Joint Multinational Readiness Center Operations Group in Hohenfels during a Feb. 20 ceremony at the Main Post Gym.

Welcome!

Glory Road's real-life *ballers* share their story at Hohenfels

Story and photo by
GARRY BARROWS
Staff writer

Former members of Texas Western University's basketball team, immortalized in the movie Glory Road, visited Hohenfels Feb. 16 to share their inspiration and wisdom with the community.

Nevil Shed, David Lattin, 'Togo' Railey, Harry Flournoy, and Louis Baudooin, teammates on of Texas Western's 1966 NCAA Basketball Championship team, discussed the high price of victory during a time of extreme racial tension in the United States.

The year, 1966, was a year of achievement, turmoil, and change. Bonanza was the top-rated television program; James Bond's "Thunderball" was at the top of the movie charts; and Simon and Garfunkel's "The Sound of Silence" was the song of the year.

The Civil Rights Movement was in full swing. Just the previous year, a 54-mile march led by Dr. Martin Luther King Jr. from Selma, Alabama, to the state capitol of Montgomery had taken place in demonstration for African American voting rights. On the West Coast later that summer, Los Angeles was up in flames during the infamous Watts Riots.

During this tumultuous period in U.S. history, the Texas Western Miners—complete with the first-ever all black starting lineup—burst upon the national college basketball stage, going on to win their first 23 games of the season.

Their coach, Don Haskins, blazed an extreme color-blind recruiting trail at Texas Western (later renamed University of Texas at El Paso in 1967). With Haskins' coaching skills and topnotch recruits, the multi-racial team made world history, making the NCAA tournament twice and the NIT tournament once in a three-year period.

But change came slow in 1966.

There were incidents of violence and extreme prejudice against the team that Railey said, for the most part, Haskins "kept from us."

The historical impact of the game that changed sports history was enormous and was recognized as one of the NCAA's "25 Defining Moments in the 100 year History of the NCAA."

Thousands of black Americans who went on to success in professional sports or business have referred to Texas Western's championship win (over the University of Kentucky Wildcats, coached by hoops



Nevil Shed (foreground) and (from right) David Lattin and Louis Baudooin stopped by the post gym Feb. 16 to watch Hohenfels' high school girls basketball team play.

legend Adolph Rupp) as one of their greatest inspirations.

The starting lineup members said they recognized the potential of the moment—that its societal implications went well beyond the sports world—but they chose to cling to the fundamentals of the game and to each other as their motivation at the time.

As they entered the tournament, immediately after suffering their first loss of the season, confusion and anger infiltrated the team. Together with the coach, they decided to focus exclusively on the things that made them successful: teamwork, dedication, hard work, and commitment.

"All our effort went towards being a 'we' team," explained Lattin. To avoid the off-court adversity, he said the team "concentrated and stayed focused" with intense practice sessions.

"There were not five black players out there," said Shed. "There were five ball players."

Railey agreed, noting there was a "bondedness on our team."

"Coach demanded we put out our best effort," he said. "There were no riders

(celebrities) on our team. He demanded the same of everyone.

He said although perhaps the team might not stack up against one of today's top teams when considering their strength, speed, condition, and better equipment, they still had a "stick-to-it" togetherness. Coach Haskins nurtured it. The movie doesn't touch the togetherness we had."

Day after day, a large part of their practice schedule concentrated on one defensive plan, man-to-man, rather than today's more common variety of strategies.

"We played a simple game," explained Baudooin. "We practiced intensively. We had to be so good that we could put our game up against anyone."

During those practices which would run two hours and often longer, they would concentrate on a "few things and do them exceptionally well," said Lattin. He also spoke about his drive and leadership, part of what he called his basic character.

"I was driven," he said. "Haskins couldn't drive me. You must be driven to be successful."

"We had no idea at the time that the championship would change the course of college sports. "

Harry Flournoy
Team member



The 2006 movie is based on Coach Don Haskins' nationally bestselling autobiography of the same name.

No one ever saw me quit. You go out and give everything and the others will follow."

Baudooin remembers landing in College Park, Maryland, the site of the tournament's final games.

"There were people as far as we could see 10-to-20 people deep," said Baudooin. "Excitement in the city was beyond description."

Before the final game, there was a pre-game meeting in which Haskins told the team about recent remarks made by Rupp, that "No five Negro players could beat his five white players. It was impossible".

The team clearly recalls Haskins relaying those remarks, then letting it sink in before telling them "It's up to you" and walking out of the room.

Texas Western won the championship game 72-65, making sports and world history.

"We had no idea at the time that the championship would change the course of college sports" said Flournoy.

Lattin summed it up when he held his thumb and forefinger a quarter inch apart and said, "The point is that we were just this much better. Team character was the difference."

Try God's formula for true peace

NOTES ON FAITH

BY CHAPLAIN (MAJ.) BRAD BAUMANN

Spring is a wonderful time of year. As the temperatures rise, the snow melts away.

The hillsides are again green after their long winter rest, and the sun finally stays out long enough to leave work in the light.

In so many respects spring is a peaceful time, or is it?

As citizens of the 21st century, life is busy. It always seems like there is something to do, another deadline to meet, and yet another obligation to fulfill.

Sometimes we become so consumed that our lives seem anything but peaceful. Instead, we become very anxious, wondering if we will ever get it all done. Have you ever wished you could have true peace in your life?

Someone once said that there is nothing new under the sun. Anxiety is by no means a new character making its débüt on the stage of human history. Almost 2,000 years ago an author addressed this exact topic.

The Apostle Paul, writing to the church in Philippi (now modern Turkey) addressed this age-old struggle in Philippians 4:6-8.

He said:

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Paul was a wise man that understood his audience. He understood through experience that being a Christian in the Roman Empire was not popular. Historians have well recorded this fact.

He knew the difficulties these people faced. He also understood, however, that stress and anxiety did not need to rule the day.

Therefore, Paul outlines a simple formula that yields tremendous success. Prayer plus thanksgiving equals peace. Paul encouraged his readers to offer their requests up to God.

He also encouraged them to be thankful despite their circumstances. Paul then said that once you have done this, expect God's peace to take care of the rest.

The neat thing is this peace is unlike any other peace known to humankind.

For centuries people have attempted to seek it through alternative means. Some seek peace in a healthy manner (music, exercise, therapy) while others seek peace in an unhealthy manner (drugs, alcohol, thrill seeking).

The peace Paul speaks of comes directly from God. This peace is so effective that it baffles our ability to either understand it, or reproduce it. All manmade pursuits at peace are temporary.

God's peace is ultimately permanent and has the ability to guard our hearts and minds against any attack of anxiety.

Please be encouraged that the next time, and there will be a next time, that you are feeling stressed and anxious that you can apply God's formula for true peace!

Army safety campaign strives to 'Own the Edge'

by ANN ERICKSON

Army News Service

The Army Combat Readiness Center's safety campaign "Own the Edge" is in full swing.

Since the CRC campaign's start in Oct 2005, it has been educating Soldiers on how to better manage risk to safely accomplish their combat or training missions and off-duty activities.

It is part of the Composite Risk Management program to highlight the critical importance of safety consciousness for Soldiers, said CRC officials.

The goal of the campaign is to improve combat readiness of the individual Soldier, whereby preserving total combat power across the Army's formations.

James Coleman, CRC command information manager, said his organization is moving forward fast and furious because a Soldier dies from an accident every 32 hours.

"We want Soldiers to acknowledge CRM in everything they do," he said.

CRM is designed to help teach Soldiers how to think and not what to think, Coleman said.

The "Own the Edge" campaign consists of a two-part strategy.

One is audience-specific, targeting three separate groups: senior leaders, middle leaders, and junior leaders/Soldiers, each emphasizing the impact and importance of their actions.

The other strategy is knowledge-based: emphasizing CRC tools and programs to support and improve the commander's CRM

program.

As the CRC continues to serve as a knowledge center for loss across the Army and study deaths to determine root causes, CRC officials said the following trends emerge:

■ Junior leaders are the ones making decisions "where the rubber meets the road" that determine safe execution or unnecessary loss.

■ Failure to apply and enforce the most basic standards and indiscipline is killing Soldiers.

The measurement tool for how the campaign is doing can be seen in the number of Soldier fatalities, Coleman said.

CRC develops and disseminates weekly "Got Risk?" posters summarizing the preliminary loss reports for the previous week.

"We are aggressively working to stop the fatality arrow and move it in the other direction," Coleman said.

CRC is using various methods to get the message out about this campaign. Hard-hitting video clips depict high-risk activities, for instance, and celebrities have been filmed providing safety messages.

Most recently there was a National Hot Rod Association motorcycle safety teaser and a World Wrestling Entertainment Public Service Announcement.

For more information about the safety campaign, visit <https://crc.army.mil>.

Community Spotlight

What's Happening

Grafenwoehr/ Vilseck Briefs

SNUG autism support group meeting today in Vilseck

Today: Special Needs at USAG Grafenwoehr (autism) support group. Bldg. 273 (Vilseck) 11:30 a.m.-1 p.m. For information, call DSN 476-2650.

Langenbruck Center holds Texas Hold'em tournament

March 17-18: Register now for the poker tournament.

Players must be valid ID cardholders and over 18 years old. Call DSN 476-2360/3733 for information.

Community Bank at Graf temporary change of hours

The Grafenwoehr Community Bank will be open March 14 from 11 a.m.-4 p.m. due to staff training.

Gate construction may cause delays at Grafenwoehr

Through Monday: Grafenwoehr gate inspections/maintenance will cause short-term detours. Work is scheduled between 10 a.m. and noon. Follow the detours or gate guard instructions.

Vilseck Physical Therapy closed for training holidays

There will be no Vilseck Physical Therapy appointments/treatment on March 16 and 19 (USAREUR training holidays).

Write or call emily.stehr@us.army.mil or DSN 476-3322 for information.

Garrison School Update

Monday - March 16: Terra Nova testing

April 9-13: Spring Recess
School Contact Numbers:
VES 476-2812
GES 475-7133
GMS 475-9500
VHS 476-2554
School Transportation 475-9525

GMS Yearbook. If you would like your child to have a GMS Yearbook, place your orders now.

Graf Health Clinic closed for move March 16-19

The Grafenwoehr Health Clinic will be moving to its newly renovated facility through March 23.

The clinic will be closed from March 16-19 to facilitate the move, but patient care hours will be otherwise unaffected.

Patients may experience some minor inconveniences as we move phones, computers, and some patient care areas and offices.

MCEC offers parent-to-parent workshops

■ Today-Successful School Transitioning with a Special Needs Child: 11:30 a.m. at the Vilseck Family Resource Center (Yellow Ribbon Room), Bldg. 273.

Whether it is your child's first transition or just another of many, there is much you can do to help make the transition easier for you, your child, and the new school. We will offer helpful ideas, tools, and resources that can help your family as they anticipate a move or adjust to a new community.

■ Thursday-Surfing the Waves of Education: A web-based workshop, 11 a.m.-1 p.m. at the Graf Teen Center, Bldg. 503. This workshop will help you become familiar with the many different electronic resources available to help the mobile military child as well as the college or career bound student.

■ March 13-Creating Successful Readers: A SKIES Workshop While You Wait—open to the public, 9:30 a.m. at Vilseck's Dance Studio, Bldg. 221. Reading is the most important skill a child can develop for academic success. The family's role in reading starts at birth and continues throughout life.

■ March 20 - Your Military Sponsored European Education. 9 a.m. at the Vilseck Family Resource Center (Yellow Ribbon Room), Bldg. 273. Being stationed overseas provides your family limitless opportunities for personal growth and continuing education.

This workshop will provide ideas, resources, and activities to help your child's education come alive.

Annual AWAG conference begins April 29 in Garmisch

American Women's Activities, Germany - AWAG...Key to Success - 51st Annual Conference at the Edelweiss Lodge and Resort in beautiful Garmisch, Germany, April 29-May 3. You won't want to miss this great opportunity to meet new friends, gather new ideas, strengthen your skills, and become a more energized volunteer.

We welcome FRG leaders, spouses' club board members, scout leaders/committee members, ACS volunteers, PTA's, schools, and more.

To give you the "AWAG...Key to Success", we will offer you a professional environment with a choice of 15 seminars and three general sessions during your stay.

There will be many core classes for you to choose from: president, treasurer, welfare scholarship, running effective FRG's, and bazaar (you won't want to miss that one), just to name a few. There will be entertainment, fun, and of course the famous "fluff" classes everyone loves! Prices are based on double occupancy and includes room, three meals a day, and seminars.

Travel is not included. Feel free to join us at your own expense, or you may contact your local spouses club, FRG, or organization to see if you qualify for sponsorship to attend the conference. We will meet with all Oberpfalz delegates and speakers in April before you attend the conference.

To unlock the "AWAG...Key to Success", contact your Oberpfalz Area Representatives, Laura Redden oberpfalz1@awag.us or Traci Artman oberpfalz@awag.us, for more details. Come join us in Garmisch to see what AWAG can do for you!

Soccer officials clinic slated Saturday in Heidelberg

The Kaiserslautern Officials Association will hold a make-up National Federation of High School soccer officials clinic Saturday from 10 a.m.-5 p.m. at the HQs IMCOM - Europe conference room, Bldg. 3796, Mark Twain Village, Heidelberg.

Clinic is free and will consist of classroom work and the NFHS 2007 test. Attendance at the clinic and passing the NFHS test are required to officiate DODDS high school soccer games beginning March 17.

The POC is Mike Donohue at DSN 370-6763 or mike.donohue@ima-army.mil or Gerd Backhaus at DSN 484-7133 or gerd.backhaus@hq.21tsc.army.mil.

Personalized yoga classes available at fitness centers

Vilseck physical therapy section is pleased to announce that yoga classes are available for Vilseck/Grafenwoehr community members.

Yoga enhances body strength, flexibility, and relaxation while focusing on safe body alignment.

Vilseck classes are at the Rose Barracks Fitness Center: "Yoga for All"; Mondays 2-3 p.m.; prenatal yoga, Fridays 2-3:15 p.m.; postpartum yoga, Fridays 3:30-4:45 p.m.; and yoga, Fridays 5:15-6:15 p.m.

For information, call DSN 476-2998.

Grafenwoehr classes are at the Grafenwoehr Physical Fitness Center: yoga Mondays 10-11:15 a.m., "Yoga for All"; Tuesdays and Thursdays 10-11:15 a.m.; prenatal yoga, Tuesdays and Thursdays 11:30 a.m.-12:45 p.m.; and postpartum yoga, Tuesdays and Thursdays 1-2:15 p.m.

For information, call DSN 475-9007.

Austrian ski trip available through Graf Ski Club

The Graf Ski Club is sponsoring a ski trip that leaves the Graf area March 16 and returns March 19.

You will be able to ski the Soelden-Hochsölden Glacier and the Obergurgl-Hochgurgl ski areas in Austria. Spend your training holiday with the Graf Ski Club!

Contact grafskiclub@hotmail.com, Steve Eckert at DSN 465-7845 or CIV 0160-99182587 or Nate Atwood at DSN 474-3783 for information.

You can also get more information and sign up at the next meeting - Tuesday at the Vilseck Food Court at 6 p.m.

VA briefing held in Vilseck

March 15: In Vilseck at the Rose

Barracks Theater.

Individual appointments with a VA representative from 1-3 p.m. by appointment. Call DSN 476-2055.

Adoption support group meeting held in Vilseck

March 21: Have you adopted a child or are interested in adopting? If so, join us at 6:30 p.m. in the Vilseck ACS Lounge. Call CIV 09662-83-2650.

Vilseck Library offers monthly special events

■ Pre-school Story Time: every Wednesday at 10 a.m.

■ Hispanic Story Time: first and third Friday of each month.

■ Mother/Daughter Book Club: fourth Tuesday of each month (for mothers and 8-12-year-old daughters).

Visit the library or call DSN 476-1740 for more information.

CTC registration going on now for Term 4 classes

Central Texas College Vilseck/Grafenwoehr is offering the following three vocational-technical courses in the upcoming term 4:

■ AUMT 1472-Automotive

Computer Systems (four credit hours)

■ CDÉC 1319-Child Guidance (three credit hours)

■ CJSA 1322-Introduction to Criminal Justice (three credit hours).

All three classes are classroom-based and lead to an Associate in Applied Science degree.

All classes this term will be held in Vilseck at the Army Education Center or the CTC Auto Shop for the AUMT class.

Term 4 registration is now through March 16, and class dates are March 26-May 18 for the AUMT & CJSA classes.

Class dates for CDÉC are March 24 and March 31, April 21 and April 28, and May 5.

Contact CTC Field Representative Chuck Sligh at the Vilseck Education Center for more information on these and other available programs at DSN 476-2362, CIV 09662-83-2362, or by e-mail at vilseck@europe.ctcd.edu.

Chaplain Happenings

■ Lutheran/Episcopal Lenten schedule:

April 5, **Holy Thursday**, 6 p.m. Small Vilseck Chapel.

April 6, **Good Friday**, 5 p.m. Small Vilseck Chapel.

April 8, **Easter Sunday**, 10:30 a.m. Small Vilseck Chapel.

■ Catholic Lenten schedule:

Stations of the Cross: Fridays in Lent 5:30 p.m., Vilseck Chapel.

■ **Palm Sunday**, April 1

9 a.m. Catholic Mass, Graf Chapel.

11 a.m. Catholic Mass, Vilseck Chapel.

9 a.m. Protestant Service, Vilseck Chapel.

10:30 a.m. Protestant Service, Graf Chapel.

■ **Holy Thursday**, April 5, 6 p.m. Catholic Mass, Graf Chapel.

■ **Good Friday**, April 6

noon, Ecumenical Service, Graf Chapel.

6 p.m. Catholic Mass, Vilseck Chapel.

■ **Easter Vigil Service**, April 7,

7 p.m. Catholic Mass, Graf Chapel.

■ **Easter Sunday**, April 8 for the a.m. Sunrise Service at Big Mike's, Vilseck.

9 a.m. Catholic Mass, Graf Chapel.

11 a.m. Catholic Mass, Vilseck Chapel.

9 a.m. Protestant Service, Vilseck Chapel.

10:30 a.m. Protestant Service, Graf Chapel.

■ Club Beyond Students in grades 6-12 are welcome: HS Club, Tuesdays

6:30-8 p.m., the Falcon's Nest, Vilseck.

MS Club, Thursdays, 3:30-5 p.m., MS cafeteria, Graf.

Saturday: Arber Ski Trip is open to 8th-12th graders; registration forms available at club meetings and in the rear of the chapels.

April 8-15: 20 students and leaders from Graf are participating in Club Beyond's HS Service Project in Slovakia.

We are collecting program supplies and supplies for the Slovak schools we're working in through Sunday. Fliers are in the chapels with a complete list of items needed, and collection boxes are in the Fellowship Hall.

■ Club Beyond looking for

Youth Mentors Are you willing to live

your faith in front of teens? Club Beyond is a chapel-sponsored youth ministry. Contact Aretta Zitta at

aretta.zitta@graf.eur.army.mil, CIV

0160-9876-9678.

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Hohenfels

Briefs

Don't miss MST Night

Math, Science, and Technology Night will be held tonight at Hohenfels Middle/High School from 4-6 p.m.

Not only are you invited to attend, but also to demonstrate and display your expertise in these fields.

Anyone who is interested should e-mail martha.mcintyre@eu.dodea.edu for more information.

PX reopened on Mondays

The Hohenfels PX will be reopened on Mondays, beginning this Monday.

This will start a 90-day testing period, after which the AAFES general manager will reevaluate continuing the Monday openings.



Majorca an island in the sun

Story and photos by GARRY BARROWS
Staff writer

Spain's largest island remains one of Europe's top vacation destinations. Located in the Mediterranean's Balearic Islands archipelago, just off the mainland, Majorca has been a synonym for mass tourism since the 1960's.

While its hot summers and mild winters make it a year-round vacation destination, the high-tourist season kicks off next month and runs through September. The island is about 100 kilometers from east to west and 75 kilometers from north to south.

It is an island of huge contrasts with busy international tourist centers in the southwest and northeast and a beautiful, unspoiled mountainous region in the north.

Vacation packages are offered for every pocketbook, from high-end secluded getaways to a fish-and-chips existence on a sprawling beach.

Working with a travel agent or doing your own research is highly recommended to determine what offerings suit your taste and wallet.

Stunning scenery offers everything from quaint villages and hidden bays to Gothic cathedrals and white-sand beaches.

For historically minded visitors, burial chambers and traces of habitation date Majorca back to the Paleolithic period (6000-4000 BC). For the less-historically inclined visitors, hiking, boat excursions, horseback trips, white-sand beaches, and a lively night life can easily help pass the time.

The capital, Palma de Majorca, is fast gaining a reputation as one of the Mediterranean's most

exclusive holiday resorts and a great place to kick off your Majorcan tour.

Approximately half the island's 600,000 inhabitants live in Palma. With so many of the residents there, it provides an authentic Spanish atmosphere, rather than a specially built resort to cater to visitors.

Palma was founded by the Romans in 120 BC as the town of Palmeria, and it was later substantially developed first by the Moors and then by James I of Aragon, who captured Majorca from the Moors in 1229.

James' son ordered the building of the Gothic cathedral of Sa Seu, the Catedral de Majorca, and the defining monument of Palma—a magnificent Gothic structure said to be the only cathedral in the world whose reflection can be seen in an ocean.

The double-decked red Palma sightseeing bus is a good way to visit the sites of the city including Bellver Castle (Castell de Bellver) located high above Palma providing a breathtaking view of the city, its harbor and the Mediterranean.

The cost is 13 Euro per person, including earphones so you can listen to the running English commentary. The ticket is good for 24 hours, allowing passengers to get off and on at any of the 16 stops.

There are many tours led by English speaking guides to all parts of the island that will offer an informative overview and greater appreciation of the island.

One tour features a train ride up into the mountains to the village of Sollar, then a boat trip along the rugged island coast to La Calobra. Free time is provided to enjoy shopping there and in several other picturesque villages.

Another tour takes you to the Caves of the Dragon in Puerto Cristo. The Cuevas Del Drach are utterly spectacular underground caves penetrating two kilometers into the limestone and illuminated with dramatically designed lighting that highlights the largest subterranean lake in the world, Lake Martel, named after the Frenchman who charted the caves and lake in the 19th century.

Perhaps the most memorable aspect of the visit features a live classical music concert provided by musicians floating on boats on the lake. A brief ride on the lake is also available.

During the high summer tourist season, this attraction can be very crowded, but the scope and beauty of the caves is well worth the inconvenience.

This tour also visits the world famous Majorca pearl factory in Manacor where manmade pearls are sold at reduced prices compared to department stores here or in the U.S.

The modern resort side of the island is located to the northeast in the area of the Bay of Alcudia and its main city, Puerto de Alcudia, which features many state of the art hotels, trendy restaurants and lively discos.

There are several beautiful beaches to enjoy along with deep sea fishing, parasailing, snorkeling, and scuba diving, just to mention a few of the many attractions of this part of the island.

Whether it is the history and beauty or the fun and sun that is calling to you, make Majorca one of your top vacation considerations.

The island is a little over an hour away; travel agents can help to make it as fun and affordable as you would like; and its sheer beauty and varied amenities will make it a vacation to remember for years to come.

An
*island of
contrasts*

Exclusive
resort
lazy locale



A statue of King James I looking into the city that he captured in 1229.



Majorca's largest cathedral is said to be the only cathedral in the world whose reflection can be seen in an ocean.



Bellver Castle offers a great view of the city.

German smoking laws lag behind rest of world, change may soon be in the air

by MARTINA BIAS

Bavarian News Food & Culture columnist

Dining out and enjoying world renowned German hospitality is something that many Americans love to do.

One thing, however, that many of my American friends have complained about is the fact that non-smoking sections simply do not exist in German restaurants or other public places.

This is something that keeps many people from fully enjoying the dining-out experience and concerns a lot of parents.

Within the past year France and Italy have enacted strict smoking regulations, but Germany seems determined to cling to this unhealthy habit.

The statistics are disturbing:

- There are 22 million smokers in Germany. This equates to 27 percent of the population.
- Nearly a third of German women smoke.
- Since 1998, the smoking rates among 15 year olds increased from 19 to 23 percent for boys and from 16 to 25 percent for girls.
- Bavarian data suggest that smoking among girls aged 12-14 has nearly tripled since 1995 from

4.3 to 11.9 percent today.

■ Germany is Europe's largest tobacco market.

■ Prices in Germany are among the lowest in the European Union.

■ Smoking kills 110,000 to 140,000 people each year in this country.

■ A recent study by the German Cancer Research Center in Heidelberg showed at least nine people die every day in Germany due to passive smoke-related diseases.

You might wonder why the German government lags behind the other European nations (and America) when it comes to smoking bans.

One reason is that Germany has a powerful tobacco industry, which influences government policy against tobacco control measures.

German politicians are reluctant to introduce non-smoking laws due to the power tobacco company lobbyists hold over them.

According to the *Berliner Zeitung* newspaper, tobacco giant Philip Morris sponsors food and drinks at every party convention in Germany. Tobacco companies pay for political parties' election posters and special evening functions. And naturally, lobbyists "work" politicians, arguing that it is not in the best interest of the country if the

14.4 billion Euros (in 2005 alone) in tobacco taxes were to dry up.

Germany even permits smoking in workplaces, unless a non-smoking employee protests. Pressure from smoking colleagues, however, makes it hard for non-smokers to speak up.

The government relies on campaigns encouraging people to voluntarily refrain from smoking while restaurant owners argue that smoking bans would result in fewer visitors and financial hardships on them.

The Irish Restaurant Association, however, found that business remained the same after smoking bans were established in Ireland.

Since 1992, nongovernmental organizations have built the German Coalition against smoking which played a major role in developing advocacy and communication strategies.

As a result, tobacco promotions on German TV and radio are banned, but otherwise there are few advertising restrictions. Targeted promotions often include distribution of free samples in streets, bars, and night-clubs.

Under the new constitutional reforms, Germany's 16 states have the power to regulate smoking in restaurants and businesses.

The debate among the states is ongoing. The Ministerpräsidenten, or governors, have discussed several options, including a compromise that would ban smoking only until 9 p.m.

On Feb. 23, the tide turned for the 63 percent of Germans who favor a smoking ban.

The ministers of health for all 16 states unanimously agreed on a smoking ban for all

public buildings, including schools, child care facilities, leisure and cultural areas, as well as administrative offices and hospitals.

In restaurants and "Gasthauses", smoking will only be permitted in a designated and closed-off room. Exceptions were still being worked out for one-room establishments, which might have the option to be labeled as "smoking zones". In addition, Germany wants to charge a fine of between 5 and 1000 Euros for violations of the ban while on any public transportation system.

The ministers of health will present their suggestions to the governors, and a final decision is expected during a March 22 conference.

One major step in controlling and curbing smoking by German youth took effect Jan. 1. Only persons over age 16 are allowed to purchase cigarettes at the public cigarette machines located all over Germany.

This was made possible when the cigarette machines switched from accepting cash to the Geldkarte, or money card. When a purchaser uses his Geldkarte in the machine, it verifies the cardholder's age.

It has been a long and tumultuous struggle, but one that may be coming to an end. With a clear majority of citizens who are in favor of smoking bans, smokers may have to consider the wishes and health of fellow patrons and enjoy their habit in designated areas.

But then again, perhaps not.

Many smokers have spoken out against the ban, saying they don't plan to stop smoking in prohibited areas, and the government has said it doesn't plan to stand up patrols to enforce the new law.

Southern Germany's Scheiterhaufen offers a deliciously sweet version of French toast

Story and recipe by MARTINA BIAS

Bavarian News Food & Culture columnist

As promised in the last issue, today we are featuring a recipe for a suesser Auflauf (sweet German casserole).

One popular light and sweet lunch choice in southern Germany and Austria is called "Scheiterhaufen", which literally translated means a pile of wood on which the dead or witches were burned.

The unusual name of this dish comes from the fact that the ingredients are piled, then placed in the oven to "burn."

This specialty has several variations and regional names. It can be called:

- Arme Ritter (poor knights)
- Rostige Ritter (rusty knights)
- Fotselschnitten
- Kartaeuserkloesse
- Weckschnitten
- Pofesen

These dishes are simple meals prepared from day-old Broetchen, toast, or raisin bread.

The bread is soaked in a milk-egg mixture and layered with varying ingredients like sliced apples, cinnamon, sugar, raisins, or almonds.

Depending on the local recipe, the bread layer can also be filled with plum sauce or jam, which will turn the dish into Reiche Ritter (rich knights).

Another variation is to replace the milk with red wine and then it is called a Versoffene Jungfrau (drunken virgin).

In some cases, the soaked Broetchen slices are breaded and deep fried. All of these sweet creations can be served dusted with confectionary sugar, cinnamon sugar or vanilla sauce.

Dishes similar to this German favorite are known from England (Knights of Windsor), the United States (French Toast), France (pain perdu), Spain (torrijas) and the Netherlands (wentelteefje).

So next time you have leftover Broetchen or bread, give this German treat a try.

You might just experience a sweet surprise.

Guten Appetit!

Scheiterhaufen

5 day-old broetchen or bread, cut into thin slices

2 cups milk

1 tsp. lemon peel

1/4 butter or margarine

2 eggs

2/3 cup sugar

4 medium apples, cored and sliced

3/4 cup raisins

1/2 cup sliced almonds

cinnamon

2 Tbs. butter or margarine, cut into small cubes

Place bread slices in shallow bowl and set aside.

Combine milk, lemon peel, and butter or margarine in a pot and warm until butter has melted (this can be done on the stovetop or in the microwave).

In a separate bowl, whisk eggs and sugar. Stir into milk mixture. Pour all over bread slices. Let sit for a few minutes.

Preheat oven to 375 degrees. Carefully layer half of bread slices in a greased 9 x 13 -inch casserole dish.

Top with apple slices and sprinkle with cinnamon. Top with raisins and sliced almonds. Finish off with a layer of remaining bread. Sprinkle with additional cinnamon, if desired and top with cut-up butter or margarine.

Bake uncovered for 35 minutes.

Serve warm, dusted with confectionary sugar, cinnamon sugar, or vanilla sauce.

Yield: 4-6 main dish servings

Do you have a favorite German dish you would like to recreate at home? E-mail me at martina.bias@us.army.mil.



Depending on the ingredients and region, a suesser Auflauf (sweet German casserole) has many different names.



Scheiterhaufen is best served warm, topped with confectionery sugar, cinnamon sugar, or vanilla sauce.

Sports

Lady Falcons nab second place in Division II after triple overtime against Naples Feb. 24



The Vilseck Lady Falcons ended their season with 17 wins and 3 losses, the last loss coming in the Division II championship game in triple overtime against Naples to give them the second place title. The European Finals were held Feb. 22-24 in Mannheim.

"This is the hardest working team that I have ever been around," said Coach Alex Veto. "Their energy is unbelievable. Physically, we weren't particularly big or strong, but no team in Europe had more courage or more heart."

Courtesy photo

Rugby team seeking 2SCR members

Story and photo by JODI WARD

Staff writer

The 2d Stryker Cavalry Regiment is hoping to recruit unit members for its newly formed Dragoons rugby team.

Coach and 15-year rugby veteran Anthony Triola said that the idea for the regiment's inaugural team was born last fall when the last of the Strykers arrived in Germany.

Triola, whose love for rugby began at Centerville High School in Centerville, Ohio, explained his motivation for starting this team.

"I think you get to an age where you think, you know, maybe it's my turn to pass on the love of the game to a new group of players," he said.

"But also, this regiment has a long and proud history, especially here in Bavaria. Sadly, that history does not include a rugby football club," said Triola, noting that the team has the backing of the regimental leadership.

The Dragoons will play as part of the Bavarian League, which includes teams made up of other service members as well as local national club teams.

Triola said he thinks each team in the league will be a strong competitor, but that he's most looking forward to

playing the Munich, Nuremberg, and Regensburg teams.

"To be honest, I think the German teams will have better beer after the match," joked Triola, when asked how he thinks these teams will differ from teams he has played in the U.S., Japan and Korea.

The basic game of rugby involves two teams trying to score as many points as possible by carrying, passing, kicking, or grounding a ball into the goal area during a timed match.

In many ways it's similar to American football, but there are no separate offensive or defensive teams, the ball can never be thrown forward, substitutions are only made for injuries, and players don't wear pads.

Dragoon player and trainer Pam Nystrom, who dislocated both sides of her jaw in her very first rugby game in college, compared the sport to an addiction.

"It gets in your blood, and it only takes one game to get you hooked," she said.

Nystrom has three years of experience, playing one year at Central Washington, one year on a men's team, and one year in Australia. She said she loves the challenge of the sport, but loves mostly the high level

of camaraderie, something she said you just don't find in other sports.



The Dragoons practice Tuesdays and Thursdays with scrimmages on Saturdays at the Vilseck High School practice field.

Triola agreed.

"The players on the team become your mates, and much like in battle, you fight for the man to your right and to your left," he said. "You don't want to let your mates down."

"Rugby is a true team sport. There

are no individuals on this field," said Triola.

Experienced, or simply interested, 2SCR members can e-mail Triola at mtriola@yahoo.com for information.

Practices are held Tuesdays and Thursdays with scrimmages on Saturdays at the Vilseck High School practice field. Games will begin in April.

Sports Briefs

Soccer officials clinic set Saturday

The Kaiserslautern Officials Association will hold a make-up National Federation of High School soccer officials clinic on Saturday from 10 a.m.-5 p.m. at the HQs IMCOM-E conference room, Bldg. 3796, Mark Twain Village, Heidelberg.

Clinic is free and will consist of classroom work and the NFHS 2007 test. Attendance at the clinic and passing the NFHS test are required to officiate DODDS High School soccer games beginning March 17.

Contact Mike Donohue at DSN 370-6763 or mike.donohue@imae.army.mil or Gerd Backhaus at DSN 484-7133 or gerd.backhaus@hq.21tsc.army.mil.

Ski, snowboard tourney cancelled

The Jeep 2007 U.S. Forces Europe Ski and Snowboard Championship is cancelled due to unseasonably warm weather leading to unacceptable racing conditions, Installation Management Command-Europe Morale, Welfare and Recreation officials announced today.

The annual Army Outdoor Recreation event was scheduled for March 10-11 at the NATO School and Kolben Ski Area in Oberammergau, Germany.

Bowling tourney slated at Graf

Now through March 24: Sign up at the Grafenwoehr Bowling Center. Top finishers in the tournament will earn a spot on the Graf bowling teams and represent garrison at the IMCOM-E bowling championship April 18-20 in Schweinfurt. Open to all active duty Soldiers, ID cardholders 18 or older.

Format: singles, men's and women's divisions, nine-game sweeper scratch score.

Entry Fee: \$18 per bowler, rules meeting March 24 at 10:30 a.m., bowling starts at 11 a.m.

Youth sports coaches wanted

Volunteer coaches are needed for the upcoming CYS spring sports season. Baseball, softball, and soccer seasons run from April to June. Contact Central Registration in Vilseck at DSN 476-2760 or Grafenwoehr at DSN 475-6656.

Bowling

Hohenfels' Lane 17 Bowling Center hosted the inaugural Commander's Cup with a men and women's tournament. The turnout for the two-day event included 37 men and women participants.



The men's champion was Michael Crerend and Renee Stotz for the women.

The men's and women's runners-up were Wes Jones and Doreen Vandal. Stotz also picked up the women's high score and women's high series.

Hohenfels sports roundup

Boys Basketball

The Hohenfels boy's basketball team took their 7-7 season record into the European Tournament with high hopes Feb. 21-24.

The first teams played were Sigonella and Vincenza.

Play continued the next morning with a 35-40 loss to Rota.

The afternoon game was against season rival Ansbach. Hohenfels won 44-32.

On Feb. 24, Hohenfels played a tight game against Hanau. Hohenfels' Kenny Oberlin hit a three at the end of the third quarter to spark the team to a 48-38 victory.

During the championship game, Hohenfels was tied after the first quarter, but fouls affected their play in the second quarter.

Giessen charged ahead and never looked back, dominating Hohenfels 77-57.

The team earned second place in Europe for Division III.

Girls Basketball

The Hohenfels Lady Tigers had a regular season record of 11-3 into the season-ending DoDDS championship tournament in Mannheim.

In a 10 team, two pool, Division III women's bracket, the Tigers were assigned the No. 5 seed.

In the first two games, Hohenfels beat London Central and number four seeded Vincenza with scores of 29-21 and 38-35.

Friday's matches were against Hanau and Sigonella.

The Tigers lost the rematch with Hanau 41-25, but beat Sigonella 46-29, which earned them a spot in the semifinal game the next day.

Saturday, the Tigers played the Admirals of Rota, who defeated them 39-25.

Hohenfels faced Giessen in the final third-place consolation game, losing 40-39 and giving Hohenfels the fourth place out of the 10-team pool.



Around the Force

Civilians taking on virtual Soldier roles

Story and photo by HANNAH HAYNER
U.S. Army News Service

Only Soldiers know how it feels to fight in a combat zone, but civilians now have an opportunity to get a virtual taste of the action.

The Virtual Army Experience, an interactive exhibit that lets guests take on Soldier roles, made its debut last week in Daytona Beach, Fla., during Speedweeks.

The 20-minute experience is the life-size version of the Army's computer game, "America's Army: Special Forces (Overmatch)," which went online in 2002 and has since attracted more than 8 million registered users. The game consistently ranks as one of the 10 most popular games on the Internet.

Unlike many video games, it emphasizes teamwork rather than competition, and players work with each other to accomplish missions. VAE works the same way.

"We are a team - we start together, we finish together," Sgt. Will Long from Fort Hood, Texas, told a group of participants during their pre-mission briefing.

After they learned about their mission, the newly formed team entered the "combat zone," where they got into Humvees or behind anti-tank missiles and prepared to raid a terrorist stronghold.

The scene was displayed on huge screens in front of them, and lasers marked where some of their weapons pointed.

At the order of their commander, the mission began. Thunderous noise took over the room for several minutes as guns and missiles fired, and Soldiers shouted orders and warnings such



The Virtual Army Experience made its debut in Daytona Beach, Fla., during Speedweeks.

as "look left!" and "(rocket-propelled grenade) on the roof!" Guns vibrated when shot, and blasts of air made the experience even more realistic.

Suddenly, the noise stopped and the words "Mission accomplished" sent the satisfied group to the next room for an after-action review on their performance.

"This was educational because I never was able to go into the Army, and I got to see what

these guys do," said Jimmy Ward. "It is very different from what I anticipated."

At the end of the experience, the team got a chance to hear some real Soldiers' stories.

Sgt. Tommy Rieman, who was injured in combat while assigned to 3rd Battalion, 504th Parachute Infantry Regiment, 82nd Airborne Division, talked about what happened to him and what the Army means to him.

"I'm passionate about this because it tells a story," Rieman said. "But it doesn't just tell my

story, it tells all these guys' stories, ... the stories of everyone I fought with."

Rieman is part of a program called America's Army Real Heroes, which honors Soldiers who have distinguished themselves in combat and received an award of Bronze Star or above.

Rieman received a Silver Star and Purple Heart after fighting through two ambushes and using his body to shield his gunner. He took two bullet wounds and shrapnel.

He is now highlighted in the America's Army game, and he is one of four Soldiers after whom an action figure has been modeled. In addition, President Bush honored him in this year's State of the Union Address.

Col. Casey Wardynski, project originator and director, said many of his ideas for the computer game and VAE were inspired by his more than 27 years in the Army.

"Most people don't get to see us do our job, so I wanted to create a virtual test-drive for people to hear the Army's story," he said.

He added that he has received a lot of positive feedback about the VAE.

"I've seen some people coming out, giving each other high-fives, and other people coming out with tears in their eyes after hearing Tommy's story," Wardynski said.

By the reaction of some participants, it seems the Army's story really is being told successfully.

"Being a prior vet, this was really good," Le Rudolph said. "I fought in (Operation) Desert Storm, and this brought back memories."

"It was incredible, absolutely incredible," said Linda MacIsaac. "It gave me an appreciation of what our military men and women do. Thank God we have them."

Military tailoring PT to reduce 'pounding the pavement'

by DONNA MILES
American Forces Press Service

If a little bit of running is good for keeping warfighters in top form, then a lot of running is better, right?

"Wrong!" say officials at the Army Center for Health Promotion and Preventive Medicine.

The Army, Navy, Marine Corps and Air Force have come to recognize that as beneficial as running can be to overall fitness, health and military readiness, too much of a good thing causes injuries that leave troops less fit, less healthy and less ready, Army Lt. Col. Steve Bullock, the center's health promotion policy program manager, told American Forces Press Service.

As a result, the services are tailoring their physical training regimes to reduce the emphasis on "pounding the pavement."

Instead, they're replacing regular long-distance runs with other forms of exercise, he said.

The goal is to reduce overuse injuries that translate military-wide to more than 8 million days of limited duty

"We have recommended no more than 30 minutes of running, and no more than three or four times a week."

Lt. Col. Steve Bullock

Army Center for Health Promotion and Preventive Medicine

a year, said Keith Hauret, an epidemiologist for the Army's injury prevention program.

Fractures, sprains, strains and other musculoskeletal conditions, many resulting from physical training, take an even greater toll on the force in terms of lost- or limited-duty days.

"Injuries have a direct effect on readiness and a Soldier's ability to perform his duties, whether in training or while deployed," Hauret said. "It has a direct impact on the Soldier's ability to perform, and that has a direct impact on that unit's readiness."

The services' new approach to physical training aims to bring injury rates down while ensuring a fit military force.

"We're not going soft," Bullock said. "What we're doing is increasing the intensity of the training, and the

effect on heart, lungs and overall strength is actually better."

The Army, for example, is reducing the miles troops run, breaking Soldiers into "ability groups" for distance runs, adding speed drills to its PT regime and substituting grass drills and other forms of exercise for running.

"We have recommended no more than 30 minutes of running, and no more than three or four times a week," Bullock said.

Higher-intensity, shorter-distance runs and interval training increase troops' speed and stamina with less risk of injuries, he said.

At the same time, this more balanced approach to PT actually improves their ability to perform in combat.

"What we do in the military is explosive energy," Bullock said.

"Soldiers need to be able to move quickly. They need balance and coordination. That's not something they're going to get through lumbering, long, slow runs."

For their running programs, Bullock advises units to incorporate these training elements into their programs:

■ Follow a standardized, gradual and systematic progression of running distance and speed. Begin with lower mileage and intensity, especially in programs for new recruits, people changing units or those returning to PT after time off for leave or an injury.

■ Structure injury-prevention programs to target troops of average or below-average fitness levels who are at the greatest risk of injury, and ensure they're running appropriate mileages.

■ Place troops in ability groups based on PT scores and measure their runs by time, not distance.

This will reduce the risk of injury among the least-fit troops without holding back the higher performers.

■ Avoid remedial PT programs that require the least-fit troops to do more training than fit ones.

This increases their injury risk, often with little or no improvement in their fitness.

■ Substitute higher-intensity, shorter-distance runs like repeated sprints, "Fartlek" training and other interval training activities for some distance runs.

■ Build in time for troops' bodies to recover and rebuild following demanding PT sessions to reduce the risk of overtraining injuries. "Injuries are the biggest threat to our forces and our readiness," Bullock said.

"Our goal is to help the military understand the burden of injuries," she said, "and refocus their approach to physical training to reduce injuries in a way that actually improves readiness."

DoD child care facilities named best in the nation

by SGT SARA WOOD
American Forces Press Service

Child care is a critical issue for many families around the country, and the Defense Department stands alone as a model for quality child care in the nation, an independent study released March 1 finds.

In the National Association of Child Care Resource and Referral Agencies' ranking of state child care centers and oversight, which was presented to Congress this morning, DoD ranks No. 1 on the list of states with the best child care center standards and oversight practices.

Ranked among the 50 states

DoD was ranked along with all 50 states in a process that compared the written policies of each of the states and DoD with basic quality indicators in child care.

DoD was the only state to appear on the top 10 lists in both child care center standards and oversight standards.

"No other state scored in the top 10 in both of those categories, so we're very, very pleased with our results," Barbara Thompson, director of children and youth issues for the DoD

Office of Military Community and Family Policy, said in an interview. "This is something that we've been working for ... since the inception of the Military Child Care Act in 1989, and it shows that our system of care is really working, and it is providing safe, healthy and developmentally appropriate programs for young children."

Director's degree

The report lauded DoD for requiring child care center directors to have a bachelor's degree or higher; training child care staff in first aid, CPR and other health and safety issues; and requiring staff to pursue further training.

The report also highlighted the fact that DoD conducts criminal history record checks, child abuse and neglect registry checks, and state, federal and fingerprint checks.

DoD's health and safety requirements for child care address nine of the 10 basic standards, such as immunization, fire drills and emergency preparedness.

One of the reasons DoD scored so high is the strong system of child care the department has, including child care centers, family child care homes,

and school-age programs, Thompson said. The staff members in this system are all trained to the same standards, which include a self-paced modular program based on the competencies for earning a child development associates degree, she said.

Supervisors do knowledge assessments to ensure what staff members learned in this program is applied in the classroom, she said. Staff members are encouraged to continue their education, and their pay is dependent on education, experience and performance, she added.

Extensive oversight

Another thing DoD was lauded for in the report is its extensive oversight system of child care centers, Thompson said. All child care programs are required to have four comprehensive inspections every year.

The programs receive an inspection report, and any problems identified must be fixed within 90 days, she said.

"The department recognized early on that in order to have high levels of safety and health standards in our program, we needed a system to assess it, making sure that the standards were

in compliance and if not, what would be the remedial action to correct it and move on," Thompson said.

The crucial first years

As is noted in the report, the first five years of a child's life are the most critical in development. This is when the child's brain is forming and social and emotional ties are developed, so quality child care is critical in shaping the person the child will become, Thompson said.

She noted that military life offers unique stressors, such as deployments and frequent moves, making continuity of care important.

"(Parents) knowing that they have a stable early childhood program as they relocate, I think it really is one of those stress reducers," she said.

Knowing what you're getting

"You know the level of quality you're going to receive as you go to your next installation; you know more or less what the price range is going to be; you know that the staff are going to be trained in a uniformed way; you know that those programs are going to be inspected four times a year," she said. "There are requirements that we enforce across the services to ensure

that there is a standardized level of high quality."

Still, she said, "We can do better." Thompson said DoD is always reviewing child care practices and looking for areas for improvement. "It's a never-ending process, because we learn more and more about what it takes for young children to thrive," she said.

Literacy, cultural diversity

In the report, DoD was only given partial credit for literacy and cultural diversity activities. Thompson said that many DoD child care centers do these activities, but they are not yet included in the written policies.

"It is my goal that in the next year we look at our instruction to update policies to reflect what we're actually doing, ensuring that we're capturing those indicators of quality," she said.

Another improvement DoD plans to make in its child care system is reviewing sex offender registries as part of the background checks for employees, Thompson said. This will add to the already extensive process DoD uses to prevent child abuse, including closed-circuit TV systems in all child care centers, and policies requiring two or more staff to be with children at all times.



Photo by Sue Bluhm

Fasching mayhem

Revelers enjoyed the festivities during the annual Fasching parade in Vilseck's city center Feb. 18. Thousands of garrison families and local nationals converged along the city streets to watch the carnival floats and wildly dressed participants.

173rd BCT to deploy in spring

American Forces Press Service

The 173rd Airborne Brigade Combat Team, located in Vicenza, Italy, will deploy to Afghanistan this spring, DoD officials announced Feb. 14.

This Army brigade combat team previously was scheduled to deploy for Operation Iraqi Freedom.

On the recommendation of commanders on the ground, Defense Secretary Robert M. Gates approved this request, which will maintain the current level of forces necessary to provide sufficient military capability for the NATO-International Security Assistance Force to further improve security and stability operations, according to a DoD news release.

This deployment affects about 3,200 personnel and sustains the U.S. commitment to Afghanistan by providing a replacement for the 3rd Brigade Combat Team, 10th Mountain Division, which was extended Jan. 25 for up to 120 days.

Two U.S. brigade combat teams in Afghanistan provide military capability and combat power required for NATO to continue its initiatives in promoting stability and security in the winter and spring, while denying safe haven for the Taliban, according to the release.

Change of Colors



U.S. Army Garrison Grafenwoehr Command Sgt. Maj. John Burns (left) and USAG G Commander Col. Brian Boyle unfurl the new garrison colors reflecting the redesignation from Installation Management Agency to the Installation Management Command with the help of Staff Sgt. Kenneth Banks (rear) during a Feb. 20 ceremony at the Tower View Restaurant. In keeping with tradition, the old colors were cased and retired.

Photo by Adriane Foss

ACAP helping to ease transition from military to civilian life

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career transition from building a resume and creating a budget to interview skills and successful dressing tips. ACAP also offers in-depth seminars and computer job searches.

"They didn't have to write a resume to join the Army, but they'll have to write one when transitioning out," said ACAP Career Counselor Rae Siebold. "The main thing is to make use of all the services we offer and to be looking toward the future."

The mandatory pre-separation briefing highlights benefits and services available to veterans. This briefing must be completed 90 days before separation, but ACAP counselors recommend coming in at least one year before ETSing and at least two years before retiring.

"We just want (clients) to be fully aware of all the benefits and services available to them because of their service to our country," said Bradley. "And we want them to be fully prepared for life outside the uniform."

Bradley also said that after an ACAP session, many clients realize that they are not prepared to leave the uniform, some for lack of savings and others because they'd simply miss the lifestyle.

This is where Master Sgt. James Edwards comes in. Edwards is the Reserve Component career counselor and retention officer for ACAP.

Another mandatory stop for Soldiers exiting the Army, Edwards explains the service members' obligations for Individual Ready Reserve duty and Reserve and National Guard benefits should they decide to join upon active-duty separation.

Edwards said many people are unaware that they may qualify for bonuses if they join the National Guard or Reserves until they come into his office. But staying in the military isn't for everyone, even if it is only for one weekend a month.

An ACAP customer for over two years, Staff Sgt. (ret.) Ricky O'Neil Burkett, for example, has other plans in mind.

"I'm looking for an instructor job because I was an instructor for over 10 years. But, basically, I'm looking at anything in logistics," said Burkett, who retired last October.

Burkett has visited ACAP weekly to check job listings and said that service alone has been "a great deal of help."

"(ACAP has) helped me get everything in order," he said. "But my one piece of advice for



Soldiers transitioning is to get a head start. Once you're out it's harder. ACAP gives you the stepping stones to get where you want to be."

For more information, contact ACAP at DSN 476-2005 or CIV 09662-83-2005.

Staff Sgt. (ret.) Ricky O'Neil Burkett, an ACAP client for over two years, said that his most important piece of advice for Soldiers is to get a head start when preparing to transition.

To make an appointment with Edwards, call DSN 476-2073 or CIV 09662-83-2073.

ACAP and Reserve Component career counselors are located on the second floor of Vilseck's Bldg. 222.

Schoomaker tapped to command Walter Reed

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communicated well enough that caring for wounded troops is their top priority.

"Addressing (troops' and their families') concerns about the quality of their outpatient experience is critically important," Gates said. "Our wounded Soldiers and their families have sacrificed much, and they deserve the best we can offer."

In contrast to his criticism of Army leaders, Gates praised the medical staff at Walter Reed for "their professionalism and dedication to providing caring treatment."

"From what I have learned, the problems at Walter Reed appear to be problems of leadership," he said. "The Walter Reed doctors, nurses and other staff are among the best and the most caring in the world. They deserve our continued deepest thanks and strongest support."

Harvey had been secretary of the Army since Nov. 19, 2004.

Army officials announced after Gates' news conference that Maj. Gen. Eric R. Schoomaker will be the new commander of Walter Reed Army Medical Center and North Atlantic Regional Medical Command.

Schoomaker currently is the commanding general of the U.S. Army Medical Research and Materiel Command at Fort Detrick, Md.

Schoomaker was selected for this important leadership position because of his considerable command experience at every level of the U.S. Army's medical profession.

Prior to his Fort Detrick duties, Schoomaker was commander of Evans Army Community Hospital at Fort Carson, Colo., from June 1997 to May 1999; commander of the 30th Medical Brigade and Corps Surgeon for V Corps in Germany - the largest combat-support hospital in Europe - from April 2001 to June 2002; and commanding general of Dwight D. Eisenhower Army Medical Center/Southeast Regional Medical Command at Fort Gordon, Ga., from June 2002 to June 2005.

"Gen. Eric Schoomaker has the right blend of leadership, professional expertise and personal experience for this position," said Gen. Richard Cody, Vice Chief of Staff of the U.S. Army.

The Army plans to announce this week a deputy commanding general of Walter Reed Army Medical Center to assist in commanding the North Atlantic Regional Medical Command and Walter Reed Army Medical Center.

This general officer will be a proven combat-arms field commander who will bring other professional talents and Soldier skills to the hospital's leadership team.

Last week the Army also selected a combat arms lieutenant colonel (promotable) and a command sergeant major to provide structured and caring leadership to the medical hold/medical holdover brigade.